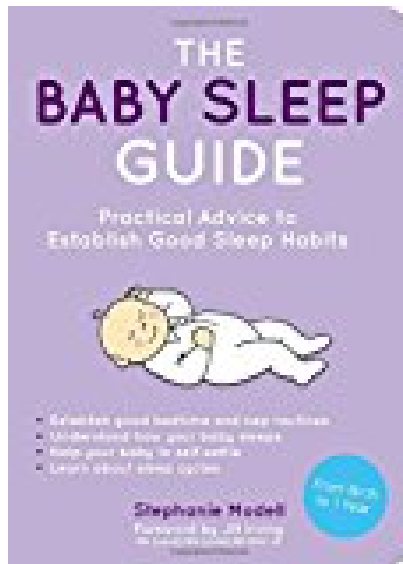


The Baby Sleep Guide Practical Advice to Establish Good Sleep Habits



BOOK DETAILS

- Author : Stephanie Modell
- Pages : 144 Pages
- Publisher : Summersdale
- Language : English
- ISBN : 1849536856

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BOOK SYNOPSIS

The secret to helping babies to sleep through the night is understanding their sleep cycles and natural rhythms. This book provides simple and easy techniques to help you establish positive sleep habits early on that will pay dividends in the long term. It guides you through different sleep teaching approaches so you can find a healthy balance that works for you and your baby. Designed to be deliberately concise to find information at a glance, The Baby Sleep Guide offers clear solutions to ensure a good nights sleep for everyone.

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